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NEWS WORTH SHARING.

KEYSTONE'S KEY CONDITION

THE U.S. WILL APPROVE THE PIPELINE ONLY IF IT DOESN'T WORSEN GREENHOUSE GAS EMISSIONS, PRESIDENT BARACK OBAMA SAYS PAGE 4

24,232 signatures submitted

Thanks, Regina.

You did it!

Thanks for supporting citizen involvement by signing the petition calling for a referendum.

Keep water public!

Regina Water Watch

RECYCLING PROGRAM READY TO GO

Emmie Leung, CEO of Emterra Environmental, points out the kinds of reusable items that her company will handle at its local plant when Regina's curbside recycling program begins on July 1. Story, page 3. ROSS ROMANIUK/METRO

Help on the way to Alta.

Flood-relief efforts.
Sask. dispatching police dive team, disaster assistance crew

Local impact

Saskatchewan is warning the cities of North Battleford and Prince Albert to get ready for higher flows from the North Saskatchewan River as water from flood-ravaged Alberta heads east.

- Water Security Agency spokesman Patrick Boyle says water should peak in North Battleford sometime Wednesday, while Prince Albert will see water rising by early Wednesday and peaking on Thursday.

THE CANADIAN PRESS, CKRM

Saskatchewan is sending manpower and expertise to Alberta to help that province in the wake of its flood disaster.

The Saskatchewan government will send six members of its Provincial Disaster Assistance Program (PDAP) to Calgary on Thursday to help flood victims in southern Alberta prepare damage claims and emergency assistance documents resulting from last week's historic catastrophe.

Government Relations Minister Jim Reiter announced the move on Tuesday, saying PDAP employees will be in Alberta for at least a week, after which the government will assess whether they're still needed there.

"They (PDAP employees) will be people working on the ground to help Alberta citizens that have had flood damage to their homes and businesses to fill out forms," Reiter said.

"We promised a week — and after a week, we will evaluate whether or not Alberta still needs the help and whether we can still supply that assistance."

Reiter said he reached out last week to Doug Griffiths, Alberta's municipal affairs minister, offering assistance in the relief effort — an offer that was quickly accepted.

"They (the Alberta government) have called and asked for some help with the people that can work on the ground helping individual citizens," he said.

"I think it is important that we help our neighbours."

Responding to concerns about the departure of the PDAP employees possibly delaying emergency claims in this province, Reiter said any impact on Saskatchewan's processing system would be minimal.

"It's six people and we promised them for a week," he said. "It might set a few claims back slightly, but it won't have a huge impact on Saskatchewan."

RCMP in Saskatchewan have also sent a team to boost the relief effort in southern Alberta, with several members of a specialized diving unit helping in High River.

The divers will assist in searches of homes inundated with water that regular units are unable to investigate "thoroughly," RCMP said.

MARCO VIGLIOTTI/METRO

Where's Noah when you need him?

Corralling dangerous cats and runaway hippos are among challenges faced by workers at the flooded Calgary Zoo PAGE 4

Get greens

This vegan bowl of green goodness can also be served with chicken sautéed in garlic and olive oil PAGE 10

They're simply the besties

In their new buddy flick, Sandra Bullock and Melissa McCarthy play cops and BFFs who never once obsess over finding a man PAGE 7

Regina Canada Day

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7 Saskatchewan Science Centre
8 Sasktel Street Team (Xbox Live)
9 Scouts Canada (Games for kids)
10 Subway (Prize Wheel)
11 Face Painting (Street Culture Kids)
12 Volunteer Tent/Lost Children
13 Children's Stage
14 Food Service
15 Craft Vendors
16 Directwest (Giveaways)
17 The Salvation Army
18 Portable Toilets
19 Public Washrooms
20 Information Signs
21 Legislative Building (Tours Available, Inquire Inside)
22 Sepak Takraw
23 21 Gun Salute Safety Perimeter (Effective 11:30 AM To 1:00 PM)
24 Saskatchewan Tae kwon-Do (STFI) (1:00 PM & 2:00 PM)
25 Terry Fox Run
26 Society for Creative Anachronism
27 Muscular Dystrophy Foundation (Race car photo opportunity)
28 Rona/Fundraising for Stars
29 Click Photobooth
30 CIBC Run for the Cure
31 Cash Machine
32 Prairie Naturals
33 Gym Star Pro Shop
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City of Regina | REGINA

THE OFFICIAL BEER OF CANADA DAY

Monday, July 1st starting at noon – Wascana Centre

Curbside recycling set to roll out across Regina next week

Blue carts. Recyclables to be only stored, not processed, until September because of contractor's plant construction delays

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Regina's curbside recycling program is ready for launch next week, even if its contracted recycling facility isn't yet ready to process for it.

The long-awaited municipal recycling program in the last major Canadian city to start such an initiative will begin on Monday, though Emterra Environmental — the company sorting and handling its reusable materials — doesn't yet have its facility completely operational because of construction snags this past winter.

"It was just, as we all know, an incredibly hard and long winter. And being out on the open prairie there, there were a number of days that they just weren't able to work," Neil Vandendort, the City of Regina's director of open space and environmental services, told reporters on Tuesday.

He added that Emterra is also "responsible for receiving the material and for housing — for storing it" until its actual processing can begin in September.

But Emmie Leung, Emterra's CEO, stressed that her approximately 50,000-square-foot facility on 13 acres at the Global Transportation Hub is sufficiently "huge" to easily store recyclables, largely in condensed bales, until its mechanical sorting kicks in with a staff of dozens.

"In September, when our processing equipment … is commissioned, we'll open up the bales," Leung explained.

"Together with loose material, we'll process it."

The launch on Canada Day comes after all of the program's 62,000 recycling carts have been delivered to single-family homes citywide. Loraas Disposal has eight new trucks to mechanically lift and dump the carts bi-weekly, as the initiative strives to divert 28,000 tonnes of residential waste from Regina's landfill every year.

"It's been a lot of behind-the-scenes work, but all of us now are just very excited that it's almost here," Vandendort said of Regina's startup.

"Now that recycling is a mandatory service and everyone is doing it, it will just become the norm."

Loraas Disposal demonstrates its truck's abilities in lifting and dumping the recycling program's blue carts at the company's compound on Tuesday. ROSS ROMANIUK/METRO

Tornado tour examines city's resilience

As new buildings continue to emerge in Regina, a walking tour is focusing on a natural disaster that flattened the city a century ago during one of its growth spurts and forced a rebirth.

A group of community organizations is leading the tour on Wednesday evening through the Warehouse District — focusing on the buildings, the deadliest tornado in Canadian history and the way Regina was able to rebuild.

"By 1913-1914, you would not have known there had been any devastation. They rebuilt that quickly," said Warren James of the Regina Public Library, one of the organizers.

"They had that Prairie pride where they weren't going to let something like that stop the growth of the city, stop the growth of business, and stop the people from going ahead and making plans for the future."

The tornado — now known as the Regina Cyclone — tore through the city on June 30, 1912, claiming 28 lives and causing today's equivalent of $485 million in damage.

Guided by story performer Vincent Murphy, the tour shares stories about that fateful day when six people were killed in the Warehouse District and the buildings were ripped apart.

"There are a lot of strange little stories connected to it," said James. "The community was resilient enough to rebuild it after that tragedy — they didn't let it stop them."

A similar walking tour was held in the downtown area last year, and James says participants contributed their family stories and history — some of which have been added to the event.

The tour will begin at 6:30 p.m. at Pocket Park at Broad Street and 8th Avenue. Those taking part are asked to pre-register with the Regina Public Library.

Last year's event — held to commemorate the disaster's 100th anniversary — was cut short due to a tornado watch near Moose Jaw. In the event of nasty weather this time, the walk would be postponed until Thursday.

ALYSSA MCDONALD/METRO

Buildings in Regina's old Warehouse District were destroyed by the 1912 tornado. CONTRIBUTED

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Keystone XL

Obama says pipe must not make climate worse

American authorities should approve TransCanada's Keystone XL pipeline only if they're certain it won't "significantly exacerbate" greenhouse-gas emissions, U.S. President Barack Obama said on Tuesday as he unveiled a national plan to combat climate change.

In a highly anticipated speech on his second-term climate objectives, Obama weighed in on Keystone despite reports he would steer clear of the controversial project because it's in the midst of a State Department review.

"Allowing the Keystone pipeline to be built requires a finding that doing so would be in our nation's interest," he said.

"And our national interest will be served only if this project does not significantly exacerbate the problem of carbon pollution."

THE CANADIAN PRESS

Zoo keepers go on safari

Calgary flooding. Staff risk their lives to corral dangerous animals in hazardous conditions

Six-year-old hippo Lobi explores the African Savannah building on Sunday at the Calgary Zoo. CONTRIBUTED/CALGARY ZOO

Swimming with high-powered rifles, corralling giraffes with picnic tables and coaxing dangerous cats are some of the challenges the Calgary Zoo has had to face in the aftermath of massive flooding.

One of the more spectacular tales involves the hippos.

According to Jake Veasey, director of animal-care conservation and research, there was a real danger of the hippos escaping, possibly even into the nearby Bow River.

Once the water in the hippo enclosure flooded over, the animals swam out into the public area of the African Savannah building.

Veasey and other zoo staff risked their lives several times to ensure the safety of the animals and the public.

At one point, they managed to rope in a shipping container that was floating down the river to barricade the animals in.

And when one of the hippos got stuck in a holding area, staff were forced to create a walkway of sandbags for the belligerent beast.

Checking in on them was not an easy task, either, as staff had to don rifles and swim into the building, not knowing where the hippos were at any given moment.

"If we started to see buckets and bins move in a way that didn't make sense, that would alert us," Veasey said.

"There is so much debris that if a hippo submerges, you can't see them."

The zoo announced the loss of some peacocks and fish, but said there's still a danger more animals may not make it in the coming days.

CANDICE WARD/FOR METRO IN CALGARY

High River, Alta.

Those who stayed fuel frustration

Kelly Dennis makes no apologies for disobeying a mandatory evacuation order and remaining in her High River, Alta., home while most residents were forced out to high ground.

"We saved it," she said on Tuesday. "We had a generator pumping."

Most of the town's residents left when asked last week, and they now want back in. About 300 stayed, and police have so far opted not to force them out.

Those who stayed are making it worse, said Dave Galea of the Alberta Emergency Management Agency.

Police said eight people who remained behind have had to be rescued so far.

THE CANADIAN PRESS

Tagged in the wrong photos this long weekend?
We'll have plenty of new job postings come Tuesday.

Search more than 6,000 new job postings every week.

What happens on the long weekend should usually stay there. But if it doesn't, we've got you covered with the most jobs from Canada's top employers. It's what makes Workopolis Canada's number one job site.

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WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Beer

Molson revives I AM Canadian promotion

After a decade-long absence, Molson is reviving its I AM Canadian tagline. The popular campaign is best recalled for The Rant, an award-winning 2000 commercial that featured an everyman character crowing proudly about an identity that doesn't involve living in an igloo, eating blubber or owning a dogsled. TORSTAR NEWS SERVICE

Market Minute

DOLLAR
95.16¢ (-0.21¢)

TSX
12,005.42 (+168.56)

OIL
$95.32 US (+14¢)

GOLD
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Natural gas: $3.66 US (-8¢)
Dow Jones: 14,760.31 (+100.75)

Retail

Indigo plans stores outside Canada

Indigo Books & Music Inc. is looking to expand outside Canada in the hope that opening new stores elsewhere could help deliver stronger results across its broadening range of products. CEO Heather Reisman said the firm plans to launch brick-and-mortar stores outside the country in about two years, though she declined to say in which markets.
THE CANADIAN PRESS

Television

Diddy to launch Revolt TV network

This fall, rapper-producer Sean (Diddy) Combs will launch Revolt TV, a network he feels is needed because there are no longer enough outlets for musicians on TV. "There should be a brand for music, and now we have that brand that's going to focus on music and not reality shows," he said.
THE ASSOCIATED PRESS

Adidas strikes deal to supply Olympic team

Four-year partnership. Agreement with COC covers high-performance clothing and footwear

The Canadian Olympic Committee and Adidas Canada announced a four-year partnership agreement Tuesday that will make the sporting goods company the official high-performance apparel and footwear supplier for the national Olympic team.

The collection will include compression and workout gear, various outwear layers for outdoor training and long- and short-sleeve performance T-shirts along with footwear and accessories.

Adidas Canada plans to launch the collection at Sport Chek stores around the country on Nov. 7. Canadian Tire and Sports Experts will carry select items starting Nov. 30.

Canadian winter Olympian Meaghan Mikkelson speaks at an event announcing the sponsorship of the team by Adidas in Toronto on Tuesday. FRANK GUNN/THE CANADIAN PRESS

Sport Chek and Adidas Canada also announced their sponsorship of seven Canadian Olympic hopefuls who will be involved in grassroots events around the country encouraging participation in sport.

The campaign, called What it Takes, will feature freestyle skier Chris Del Bosco, alpine skier Erik Guay, short-track speed skater Charles Hamelin, bobsledder Kaillie Humphries, women's hockey player Meaghan Mikkelson, skeleton racer Jon Montgomery and snowboarder Maelle Ricker.
THE CANADIAN PRESS

HBC's role

- The Hudson's Bay Company will still provide the casual clothes Canadian Olympians wear on the podium and in the opening and closing ceremonies.

TRUE NORTH STRONG AND FAT

JUST SAYIN'

Paul Sullivan
metronews.ca

Summer's here and life's a beach.

If you haven't been working out all winter, it's too late. You'll have to fake it.

Turning that spare tire into a six-pack will take the whole summer and you'll be ready for your beach close-up just in time to head back to school, fool.

There are a number of things you can do, like suck your stomach in as you stroll, all nonchalant, along the shore. If anyone asks why your face is so red, just tell them you burn easily from the neck up. Like all those other red-faced shore stalkers going by.

Then there's the briefest-possible-moment-of-exposure tactic. Just drag your beach blanket and mummy kit as close to the water as you can without being swamped, then disrobe quickly, flashing your bi- or mono-kini, and then immerse yourself up to your neck as quickly as possible.

To get out of the water successfully, repeat in reverse. Do not, like Daniel Craig, emerge from the surf in glorious 3D slow motion. You'll scare the little kids on the beach.

Make sure to do whatever you can to avoid the inverse beach fitness rule. That is: The less fit you are, the more flesh you expose. Don't be that guy with the beach ball for a belly and the speedo. If that bikini didn't look quite right in that artfully lit Swimco mirror, how do you think it's going to look out here, in the stark light of day?

I don't want to cramp your style, but you don't have any, especially when your body is a gallery of all your deepest thoughts written in flesh. Tattoos, even Angelina Jolie's — especially Angelina Jolie's — don't make it better. You look like human graffiti.

There are some people, of course, who look fantastic on the beach, all fresh and tousled and tanned. They're called children. They don't count.

The rest of us? We can stroll, but we can't hide. We can merely deflect. For men, I recommend the Hawaiian shirt. If you get a red one with parrots on it, you'll kind of remind people of Tom Selleck. That is, you won't look anything like Tom Selleck, but you'll remind people that he wore Hawaiian shirts. If you're a woman, I recommend wearing a hat, preferably one with a great big brim. It protects you from the sun and hides your face.

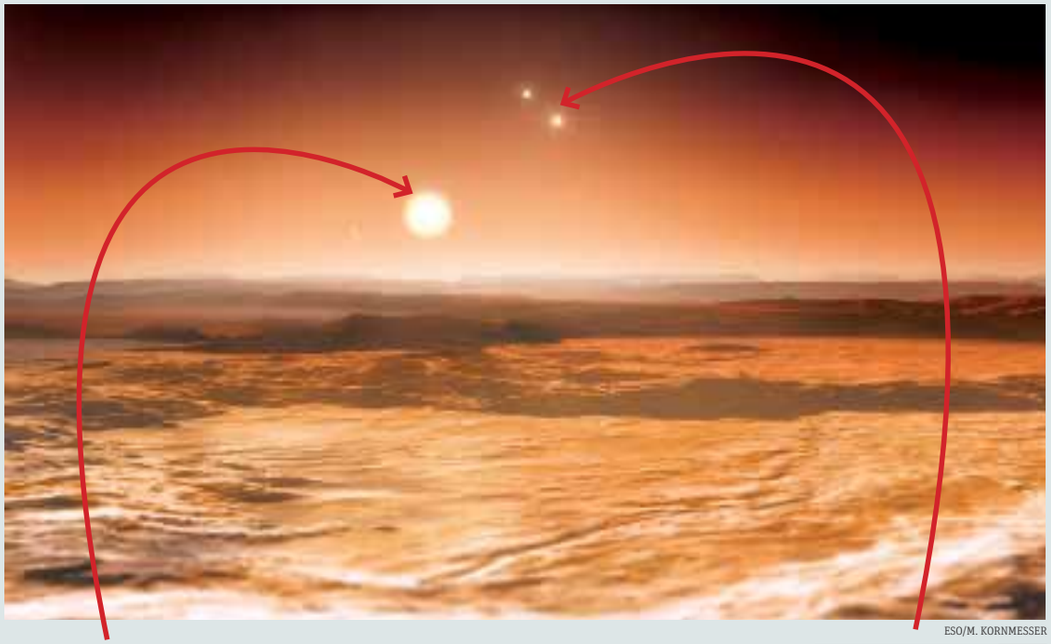
If you insist on violating the inverse beach fitness rule, it's the least you can do.

OK, if we pull together, we'll be able to hang out on the beach together, as thick as seagulls waiting for that kid to spill his fries.

And then, come September, we'll pack up the car and head straight for the gym. Right.

ZOOM

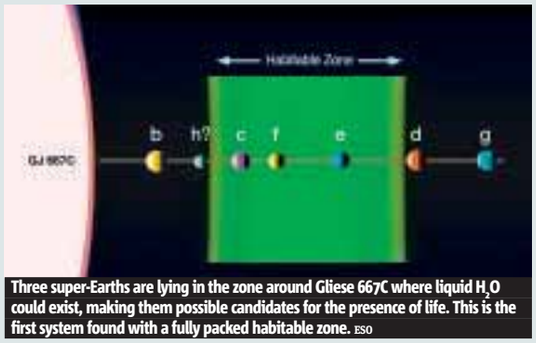
Goldilocks' house getting crowded



ESO/M. KORNMESSER

Star with record 3 habitable planets

Near the star Gliese 667C, scientists have discovered a treasure trove of at least six planets — with a record-breaking three super-Earths in the habitable or "Goldilocks" zone around the star. This artist's impression shows the view from exoplanet Gliese 667Cd looking toward the planet's parent star (Gliese 667C). METRO



Three super-Earths are lying in the zone around Gliese 667C where liquid H_2O could exist, making them possible candidates for the presence of life. This is the first system found with a fully packed habitable zone. ESO

Distance from Earth

22

light years is the distance of Gliese 667 from our planet. Gliese 667C is classified as a low-luminosity "M-dwarf" star just over one-third the mass of our sun.

In the background to the right the more distant stars in this triple system (Gliese 667A and Gliese 667B) are visible, and to the left in the sky one of the other planets, the newly discovered Gliese 667Ce, can be seen as a crescent.

Clickbait

ANDREW FIFIELD
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Tumblr can be a bit of a minefield for preciousness, but there's plenty of humour and wisdom hiding behind the re-purposed inspirational quotes and GPOYs. Here's a trio of blogs fitting that bill.

I Love Charts:

A steady supply of slickly packaged data that's the perfect mixture of DIY chuckles and genuinely useful information. Take a quick glance, load up on fun facts and impress your friends at parties. (ilovecharts.tumblr.com)

Dear Coquette:

A foul-mouthed advice column with a particular penchant for soothing readers crushed by the early disappointments of adulthood. Similar blogs are a haven of hollow snark, but Coquette keeps things pithy and poignant. (dearcoquette.com)

Exploding Actresses:

This one is fairly new so the threat of drying up hangs over it, but there's already a nicely varied selection of famous movie scenes re-cut to end in cartoonish tragedy. (explodingactresses.tumblr.com)

Twitter

@metropicks asked: Should the Calgary Stampede have been cancelled? Or could the money be spent elsewhere?

@RosalinKrieger: Should the Calgary Stampede have been cancelled? it should be ABOLISHED!

@zephryus47: 340 million in economic spinoffs from the stampede. of course it should go ahead.

@oconnorbeth: the stampede is an important part of calgary's economy. People rely on the money made during stampede. We need a morale boost.

@InfiniteWicked: NEVER Its a 101 yr old tradition. It's the heart of the city & unlike Alberta spirit to throw in a white flag.

@TriciaKindleman: they made it clear they've been utilizing their own resources to get things going again incld power. Good on them!

@TorontoDonuts: Calgary needs to show strength by continuing with this tradition. Cover the stampede with donation boxes for relief assistance.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Feeling The Heat, buddy cop flick passes the Bechdel Test

Girl power. Latest Sandra Bullock flick puts a new twist on an old formula and places itself in a rare category where female characters dominate

IN FOCUS
Richard Crouse
scene@metronews.ca

Sandra Bullock and Melissa McCarthy star in The Heat — a rare female buddy cop movie. HANDOUT

The Bechdel gender bias Test was created in the mid-'80s by cartoonist Alison Bechdel.

It's a simple analysis that gives movies a pass or fail based on three simple criteria: 1) It has to have at least two women in it, 2) who talk to each other, 3) about something besides a man.

This weekend The Heat will submit itself up to the Bechdel Test and has a good chance of getting the seal of approval. Starring Sandra Bullock and Melissa McCarthy as an uptight FBI agent paired with a loose cannon Boston cop to hunt down a drug lord, the movie is a rarity — a female buddy cop movie.

Not all of the movies on Bechdel's list are winners — Bonnie & Clyde vs. Dracula, anyone? — but the test isn't an indicator of quality, just gender bias.

For example, the buddy picture Beaches, starring Bette Midler and Barbara Hershey as lifelong friends has the Bechdel seal of approval but is hopelessly melodramatic.

One more

Finally, Whip It, first time director Drew Barrymore's movie about female roller derby, also gets a passing grade on Bechdel's test. Here is why:

- **Last one.** Ellen Page plays an unhappy teenager from small town Texas who stumbles across a flyer for a female Roller Derby league and sees a way out of her mundane life. Turns out she has a natural derby demon ability and soon learns that just because she's found a new family at the roller rink, she can't throw her old family away.

The story of the bond between singer C.C. and wealthy lawyer Hillary is a weepie (the Wind Beneath Your Wings moment is a five Kleenex scene) that audiences responded to because of the tender relationship between the two women.

Woody Allen's most successful movies have frequently had women's names in their titles and while Vicky Christina Barcelona isn't a classic like Hannah and Her Sisters and Annie Hall it's really good and earned a thumbs up from Bechdel.

The movie begins with two girlfriends, Vicky (Rebecca Hall) and Cristina (Scarlett Johansson), on summer vacation in Spain.

They're best of friends but have very different outlooks on life. Vicky is a straight-laced New Yorker, Cristina is a sexually audacious free spirit still trying to find herself.

The young Americans meet an intriguing painter (Javier Bardem) who woos them both as he tries to deal with his residual feelings for his passionate but slightly loopy ex-wife (Penelope Cruz).

Dale shining his Badge of honour

James Badge Dale isn't a household name, though he did star in AMC's short-lived but acclaimed Rubicon. But he's everywhere this summer. In Iron Man 3 he played Eric Savin, the villain's main henchman. In World War Z he's a gruff soldier stationed in South Korea. And in the forthcoming The Lone Ranger he's the titular hero's older outlaw brother, whose code is a bit more morally grey. He also has a sizable role in Parkland, about the JFK assassination and starring Zac Efron and Paul Giamatti. And he's soon to do a comedy with Joe Carnahan, who directed him in a memorable, upsetting death scene in The Grey.

What was it like doing films on this scale?
They were three different experiences for me in three ways — three separate genres, three completely different characters and three different sets of obstacles. I don't know how to ride a horse. (The Long Ranger producers) had me show up six weeks early and learn how to handle weaponry. On Iron Man, I've never worked in front of a green screen.

How quickly do you get over acting with major superstars?
You don't have time for that. It's not like you're meeting the guy on the street. You're working with him. So you have to show up for work. Someone told me you don't want to work with a guy who isn't nervous. I've made this mistake where I try to act like I'm not nervous. It's okay to be a little starstruck. You just come prepared and have fun.

What's the difference with working on TV versus film?
The biggest difference with a film is there's a definitive ending. You know the beginning, middle and the end. You always know where you're trying to get to. With television, it's kind of a catch-22: If the show is successful it keeps going.

MATT PRIGGE/METRO

James Badge Dale stars in three big summer movies. GETTY IMAGES

SCENE

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris Brown. ALL PHOTOS GETTY IMAGES

Good grief Chris Brown, you blockhead

Chris Brown is being accused of assaulting a woman at a San Diego nightclub last week, according to E! News.

Police received a call from a woman complaining that the singer pushed her during his performance at Heat Ultra Lounge, resulting in injuries.

While the investigation is ongoing, a club employee is standing up for Brown, saying that he'd heard Brown had "moved someone out of the way" and that "perhaps the incident is being blown out of proportion."

Brown, who is no stranger to legal trouble, is standing up for himself, tweeting simply, "I didn't do anything" — although the tweet was quickly deleted.

The Word

Who needs love when you have a few million in the bank?

THE WORD
Pat Healy
scene@metronews.ca

Holly Madison! You in danger, girl! It looks like the reality TV star is going through with her engagement with party promoter (and father to her infant daughter, Rainbow), Pasquale Rotella.

She showed off her giant new engagement ring to People magazine. Hopefully the 18-carat yellow diamond ring is big enough that she will overlook the fact she's marrying a man who could go to prison in the next year. Rotella is facing more than 13 years in prison on bribery, embezzlement, conspiracy and conflict of interest charges, per reports.

The L.A. County District Attorney says that Rotella, who owns an event firm called Insomniac events, used more than $2.5 million in funds from the Los Angeles Memorial Coliseum to pay off city officials.

Amy Winehouse.

Maybe Winehouse didn't need to go to rehab after all

It's been nearly two years since Amy Winehouse's death, and her brother, Alex, thinks everyone has it all wrong.

Alex says it was the tragic singer's bulimia that killed her, not drugs and alcohol.

"She suffered from bulimia very badly. That's not, like, a revelation. You knew just by looking at her," Alex tells the Guardian. "She would have died eventually, the way she was going, but what really killed her was the bulimia. Absolutely terrible."

Channing Tatum.

Tatum made more than a movie last year

The upcoming White House Down holds a special place in Channing Tatum's heart.

"Jenna (Dewan-Tatum) and I weren't pregnant then, but we conceived on that movie," the new dad tells E! News.

Of course, having a newborn and being a working actor can sometimes cause some conflict.

"I'm away from her for 12 to 13 hours and I feel like I come home and I feel like she's changed," says Tatum, who is currently living and working in London. "Like her face looks different. You feel like every minute that you miss is horrible."

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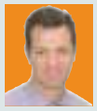

ON THE MOVE
Loren Christie
life@metronews.ca

I can't think of a more patriotic way to celebrate Canada's 146th birthday than by visiting one of our national parks and historic sites. Here are a few suggestions on places that have played a key historical role in our country's development.

L'Anse Aux Meadows, near St. Anthony, N.L.
In 1960, Helge and Anne Stine Ingstad found the remains of a camp, which belonged to a small group of Norse sailors. Located at the tip of Newfoundland's Northern Peninsula, 433 kilometres north of Deer Lake, their discovery is still the oldest-known European settlement in the New World. Prepare to have any romantic notions of Vikings dispelled; a visit here will illuminate just how tough life would have been for these intrepid explorers.

Louisbourg, Cape Breton Island, N.S.
Dozens of staff dressed as soldiers, shop keepers and townsfolk add cultural colour to the bricks and mortar of the old fort. In its heyday it was a hub of power for the French in the New World. Eventually, the English squashed their hold on the region by overthrowing Louisbourg and forcefully expelling the peaceful French-speaking settlers, known as the Acadians, from the surrounding territories. As part of the fort's 300th anniversary celebrations in 2013, it will play host to a number of special events.

The Cave & Basin National Historic Site, Banff National Park, Alta.
The site was re-opened in May after extensive renovations aimed at offering visitors a more interactive, high-tech and interpretive experience. It was the first created by, and gave birth to, our national park system.

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Welcome to the city that always eats

New York. Recreate some classic movie scenes at these iconic restaurants

BRIA MARRIETTE
Metro World News in New York

Your favourite New York City restaurant may have served as the backdrop for your favourite film. Check out some of these places next time you're in the Big Apple.

Craft Restaurant
The Devil Wears Prada (2006)
Andy has dinner at the Tom Colicchio restaurant with her father, who expresses concerns about her career/living situation, and she gets an emergency call from her overbearing boss, Miranda. If you go to sample the star chef's greenmarket fare, hopefully your boss doesn't interrupt.
Getting there: 43 E. 19th St., 212-780-0880

Sardi's
The Muppets Take Manhattan (1984)
Sardi's has been a favourite in the city for the past 90 years, so much so that the Italian restaurant managed to snag a central role in The Muppets Take Manhattan. Who could forget the scene where Kermit replaces Liza Minelli's picture with his own green face, much to her chagrin? You can enjoy a piece of childhood nostalgia by visiting Sardi's for classic dishes like steak tartar and cannelloni au gratin.
Getting there: 234 W. 44th St., 212-221-8440

Lenny's Pizza
Saturday Night Fever (1977)
There's always been a debate as to where you can find the best New York pizza, and it looks like Lenny's Pizza might have a leg up on the competition after gaining national exposure in the classic disco film. The way Tony chows down on two slices as he strolls on 86th Street makes it hard to imagine there's a better tasting pizza in the city. You can still relive your memories from the '70s at Lenny's in Bensonhurst.
Getting there: 1969 86th St., Brooklyn, 718-946-1292

Craft Restaurant is where Andy gets a call from her she-devil boss Miranda in The Devil Wears Prada. FLICKR

It's not easy being green — but it's easy to have a drink at Sardi's. FLICKR

Talk stocks over a drink at 21 — an eatery in Wall Street. FLICKR

Pershing Square Cafe
Friends With Benefits (2011)
Jaime and Dylan agree to "start over" with their relationship at this East-Side-meets-West-Side eatery, parked right across from Grand Central, which boasts "the busiest and best breakfast in New York."
Getting there: 90 E. 42nd St., 212-286-9600

Cafe Lalo
You've Got Mail (1998)
Satisfy your sweet tooth at this Upper West Side coffee shop and dessert bar. The self-proclaimed "most famous café in NYC" was featured as the backdrop for a chance meeting between Tom Hanks and Meg Ryan's characters. Open till the wee hours of the morning, the European decor and quiet ambiance make a perfect setting for a first date.
Getting there: 201 W. 83rd St., 212-496-6031

21 Club
Wall Street (1987)
The 21 Club, where greedy money grubber Gordon Gekko and his apprentice Bud Fox would meet in Wall Street, once functioned as a prohibition-era speakeasy. Visit for true meat-and-potato dishes — before you know it, you'll be discussing some of the finer things in life.
Getting there: 21 W. 52nd St., 212-582-7200

The taste is orgasmic

When Harry Met Sally (1989)
Katz's Delicatessen 205 E. Houston St., 212-254-2246
Houston Street Eatery Katz's Deli has been a favourite of native New Yorkers since the early 20th century, but it wasn't until 1989 that the rest of the world caught a glimpse of the revered restaurant for the first time. A classic in every sense of the word, Katz's has a wide selection of traditional diner favourites from burgers to pastrami sandwiches.

That green giant has nothing on this scrumptious Bowl of Green Goodness

NICOLE MACPHERSON
yummymummyclub.ca

In warmer months, I long for greenery — both in my garden and on my plate. This Bowl of Green Goodness is full of nutrition, and it tastes like warm weather.

Thanks to the cashews and the quinoa, it is a perfectly balanced, protein-rich vegan meal, but I serve it with chicken sautéed in garlic and olive oil for my family.

It's also a meal that is delicious either hot or cold. I often make extras just so I can have it cold the next day.

Nutritional yeast is flakey, yellow and adds a cheese-like flavour to a dish. It can be found, along with raw cashews, in any health food store.

Ingredients

- 1/3 cup raw cashews
- 1/3 cup hot water
- 1 avocado
- 2 tbsp lemon juice
- 1/4 cup packed fresh basil
- 2 tsp nutritional yeast
- 1/4 tsp onion powder
- 1 clove garlic
- Sea salt and cracked black pepper to taste
- 1 1/2 cup quinoa
- 1 zucchini squash
- 1 large bunch asparagus
- 2 tsp olive oil

1. Soak the cashews in the hot water for 1-2 hours. Process in a food processor until semi-smooth.

2. Add half of the avocado and the lemon juice to the food processor, process until smooth. Add the basil, nutritional yeast, onion powder, garlic, salt, and pepper and process until very smooth.

3. Prepare quinoa according to package directions.

4. Meanwhile, pre-heat oven to 425 F. Slice the zucchini lengthwise and then into 1/4 inch thick pieces. Remove woody ends from the asparagus and slice into 2-inch pieces.

This vegan dish is delicious hot or cold. NICOLE MACPHERSON OF YUMMYMUMMYCLUB.CA

5. In a large bowl, toss zucchini and asparagus with olive oil. Arrange on a single layer on a rimmed baking sheet; roast in 425 F oven for 10 to 15 minutes.

6. Mix cooked quinoa, veg and dressing. Cube other half of the avocado and arrange it on top of the quinoa. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Drink of the Week

Alto Frizzante

Bubbling with fresh fruit flavours and a sparkling texture, this chic cocktail is light and sophisticated.

- 1.5 oz Belvedere Vodka
- 1/2 oz Limoncello
- 4 oz Prosecco
- Lemon zest for garnish

Shake together the Belvedere vodka and Limoncello.

Top with fizzy Prosecco in champagne flute.

Garnish with lemon zest.
COURTESY OF BELVEDERE VODKA

Tabbouleh goes even healthier

These days, more and more people seem to agree that this Middle Eastern salad of bulgur wheat tossed with cucumbers, tomatoes, herbs, olive oil and lemon juice is delicious.

So why would anyone want to mess with success? Because even though bulgur wheat — a whole grain that has been cracked and partially cooked — is healthier than white rice, quinoa is even healthier.

1. Using strainer, rinse and drain quinoa under cold water.

2. In saucepan over medium heat, combine quinoa, broth and 2 tablespoon of lemon juice. Bring to boil, then reduce to simmer, cover and cook until broth is absorbed, 13 minutes. When done, grains will appear soft and translucent, and germ ring will be visible along outside edge. Transfer to shallow platter and spread. Let cool.

3. Meanwhile, place tomatoes in mesh strainer. Sprinkle lightly with salt and set over sink to let drain for 10 minutes.

4. Once quinoa has cooled, transfer to serving bowl. Add drained tomatoes, cucumber, scallions, garlic, remaining 4 tablespoons of lemon juice and the oil. Season with salt and pepper to taste. Chill for at least 1 hour, or until ready to serve. Just before serving, stir in the parsley and mint. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 cup quinoa
- 1 1/4 cups vegetable broth
- 6 tbsp lemon juice, divided
- 2 cups halved cherry tomatoes
- Kosher salt
- 2 cups finely chopped seedless cucumber
- 3 scallions, finely chopped
- 1 clove garlic, minced
- 1/3 cup extra-virgin olive oil
- Black pepper
- 2 cups firmly packed fresh flat-leaf parsley, chopped
- 1 cup firmly packed fresh mint leaves, shredded

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Lunch. Fiesta Quinoa Salad

NICOLE MACPHERSON
yummymummyclub.ca

1. Prepare quinoa according to package directions. Refrigerate until completely cooled.

2. Whisk together lime juice, olive oil, garlic, onion powder, cumin, sugar, salt and pepper.

3. Add chickpeas, black beans, and cherry tomatoes to the cooled quinoa. Pour dressing over top and combine well.

4. Stir in the cilantro and avocado just before serving.
YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 cup quinoa
- 1/3 cup lime juice
- 1/4 cup olive oil
- 1 clove garlic, crushed
- 1 1/2 tsp minced dehydrated onion or onion powder
- 1 tsp cumin
- 1/2 tsp sugar
- Sea salt and cracked pepper, to taste
- 1 cup canned chickpeas, rinsed and drained
- 1 cup canned black beans, rinsed and drained
- 1 pint cherry tomatoes, halved
- 1/2 cup cilantro, chopped
- 1 avocado, diced

Stop, in the name of a relevant resumé

Word alert. Replace the repetitive rhetoric with careful, concise communication

MICHELLE CIRCOSTA
TalentEgg.ca

Demonstrate your worth as an employee by including not only your strengths, but valuable examples of your accomplishments as well. If you do make it to the interview, you will be able to expand on the examples at that time. ISTOCK

Throughout the job application process you only have a few opportunities to make an impression.

Arguably the most important of these is making an impact with your resumé. The last thing you want to do in today's competitive job market is have a resumé that is plagued with empty and overused claims.

A survey of 1,300 senior managers by staffing firm OfficeTeam reveals some of the most over-used phrases on resumés include "highly qualified," "hard worker" and "team player," along with several others, outlined to the right.

If your resumé lacks specifics, it will surely go unnoticed. Anaar Dewjee, division director at OfficeTeam, shared her insight regarding the art of resumé writing.

One word that Dewjee can't stand to see on a resumé is "reliable." The problem with this type of descriptive word is that it describes behaviours that are impossible to showcase on a resumé.

Listing duties and/or adjectives also adds no value to your resumé. Most of that information can be inferred simply be reading the job title you've listed.

Accomplishments, on the other hand, are far more effective and in fact much easier to communicate. Use your accomplishments to highlight skills that are transferable to the position.

For students, writing a professional resumé can be especially tricky since many of us do not have much relevant experience. If this is the case, Dewjee recommends highlighting academic achievements, your area of specialization as well as your volunteer experience.

If you are active and involved in your school, that should be clearly demonstrated on your resumé. You may also consider including some of your own specific goals. Be sure to really highlight your energy, focus and drive.

The most important thing to remember when writing a resumé is that using adjectives to describe yourself will not entice an employer to pencil you in.

Work that Wite-Out

During a survey, senior managers were asked, "What is the most overused or meaningless phrase you see on resumés?" Below are some of their top responses, along with advice on how to give employers what they're really looking for on your resumé:

- **Highly qualified:** Describe what you bring to the role. Highlight your accomplishments in previous positions, emphasize your specific skills and note your education or other qualifications. Explain exactly how you've gone the extra mile.
- **Team player:** Working well with others is a must for any role today. Provide examples of how you partnered with classmates, fellow volunteers, colleagues or individuals in other departments to meet an objective.
- **Problem solver:** People love employees and colleagues who can help them get out of a pickle, but be specific when you describe this quality. Highlight a difficult situation you encountered and how you handled it.
- **Flexible:** Hiring managers seek candidates who can adapt quickly to new situations. Describe how you responded to a major change at work or dealt with the unpredictable aspects of your job.
- **Self-starter:** Companies seek individuals with initiative who can contribute immediately. Show how you took action when you saw an issue that needed to be fixed.

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Walking the walk is key in today's work search

What employers are looking for in new hires. Hint: It's more than just a simple piece of paper

MEGHAN GREAVES
TalentEgg.ca

A closer look: When choosing a new hire, employers often search for assurance that what you're presenting on your resumé is credible. Have a few reviewable resources available. ISTOCK

If you're a member of Gen Y, you know that the job market is competitive.

There are more students, more grads and more highly-educated individuals on the job hunt than ever.

This can make it difficult to hatch your career and stand out amongst fellow graduates

Employers are now looking for candidates who have qualities that complement their "piece of paper" (and no you don't need to spend more money to get them).

Here are three things that employers are looking for in a new hire to keep in mind for your job hunt.

Enthusiasm and initiative

Employers are always looking for candidates who are willing to go the extra mile. During the application and interview process, you can do this by following up on your application or adding in something unique. To an employer, this shows that you actually want the job and are motivated to get it.

Relevant experience

Having previous related experience often makes it or breaks it during the hiring process for an employer.

Related experience can come in many different forms and doesn't always have to be the exact same role you're being hired for, such as a part-time job where you developed skills that will be beneficial for the role you're applying for, volunteer work, or projects you were a part of during school.

You'd be surprised at the number of skills you've developed during school that stand out to an employer.

Back it up!

References and testimonials

- References and testimonials are great things to include in your application as they support what you're presenting on your resumé.
- Depending on the role you're applying for, you can include brief testimonials as a part of your resumé.
- Another option is including the link to your online professional profile (i.e., LinkedIn) where an employer can read recommendations and references from others.

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IBS: TRIGGER FOODS AND TIPS

COMMON ISSUE CAN BE HELPED

Even though an estimated five million Canadians suffer from it, there's not a great deal of chat about it — Irritable Bowel Syndrome (IBS).

Although the symptoms will vary from person to person, IBS is generally characterized by abdominal pain or discomfort, and altered bowel habit (i.e., chronic or recurrent diarrhea, constipation, or both). No wonder no one talks about it.

If you suspect that you have IBS, there are certain foods that might be best for you to avoid. Of course, it's important to remember that everyone is different, and what affects one person (e.g., lactose) might not be a trigger for someone else.

AJA/VEER

- Fatty and fried foods (e.g., pizza, fries)
- Dairy products (lactose)
- Raw fruit
- Carbonated beverages
- Alcoholic drinks
- Nuts and seeds
- Coffee
- Spicy foods

One of the best ways to manage IBS symptoms is through diet. eHow Health shares dietary practices you might consider following:

- Increase dietary fibre with foods such as whole-grain breads and cereals, fruits and most vegetables
- Avoid large meals, which cause the bowel to become overly distended and hyperactive.
- Stay away from high-fat foods. Fat is a strong stimulus of the colonic contractions that aggravate the irritability of the bowel.
- Avoid gas-forming foods, such as beans and cruciferous vegetables (cabbage, broccoli, cauliflower, radishes, turnips and brussels sprouts)
- Avoid apple and grape juice if you suffer from a great deal of flatulence; also pass up the chocolate, caffeine, alcohol and sorbitol (an artificial sweetener)

Although diet plays a critical role in battling IBS symptoms, there are other strategies that are also important. According to the Canadian Digestive Health Foundation, exercise can help reduce stress and promote movement of the colon.

If you think you might have IBS, an important first step to feeling better is consulting with your doctor — he or she won't be embarrassed to talk about it.

COLD IN THE SUMMER?

Coughing, sneezing, sniffling, sore throat. Sure, everything might be pointing to seasonal allergies, except this time, it's not the pollen in the air — it's a dastardly summer cold in your system. If you think colds are reserved for winter months, you're wrong.

Not unlike their winter cousins, many summer colds are caused by viruses and often produce unpleasant symptoms such as a sore throat, persistent cough, nasal congestion and sinus pressure, as well as the occasional fever or headache.

What can you do to stave off the sniffles this summer? Try popping some probiotic supplements or eating some probiotic-rich foods.

Mother Nature's truest form of antibiotics, probiotics are friendly bacteria in our gut that we need for good health and vitality — and keeping harmful germs from moving in and making themselves at home in your body. The word probiotic actually means "for life."

GETTING MORE PROBIOTICS INTO YOUR SYSTEM

There are a couple of ways to get more probiotics into your system – manufactured supplements and food. Here are some probiotic-rich foods you might want to try:

- **Yogurt** – Choose yogurts that have natural ingredients and say "live and active cultures"
- **Kefir** – This dairy product is a unique combination of goat's milk and fermented kefir grains
- **Miso soup** – You'll find this tofu and vegetable broth soup at Japanese restaurants and Asian grocery stores
- **Pickles and sauerkraut** – Look for brine-cured pickles that don't contain vinegar
- **Kimchi** – This traditional Korean dish of fermented seasoned cabbage is packed with probiotics

Last, but not least, if you're serious about boosting your probiotic intake, visit your pharmacy or local health food store where you'll find supplements available in a range of forms, including powder, tablet, liquid, and capsule.

WHAT ARE PREBIOTICS VS. PROBIOTICS?

Prebiotics are non-digestible foods that enter our colons unaltered by the digestive process, serving as an energy and growth source for the beneficial bacteria that live in our large intestine. In other words, prebiotics are food for the probiotics in your intestines.

STOCKSNAPPER/VEER

FRUITS FINE — IN MODERATION

In the summertime, colourful and tasty fresh fruit and vegetables are readily available at grocery stores, roadside stands and farmer markets.

While "fresh is good for our body, ingesting fibre-filled fruit and veggies can lead to digestive woes." says dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally ... Food I Can Eat.

"Increasing your intake of fibre through seasonal fruits and vegetables can result in tummy issues. The spike in fiber can upset the bacteria that live in your gut, resulting in indigestion problems."

TOO MUCH FIBRE?

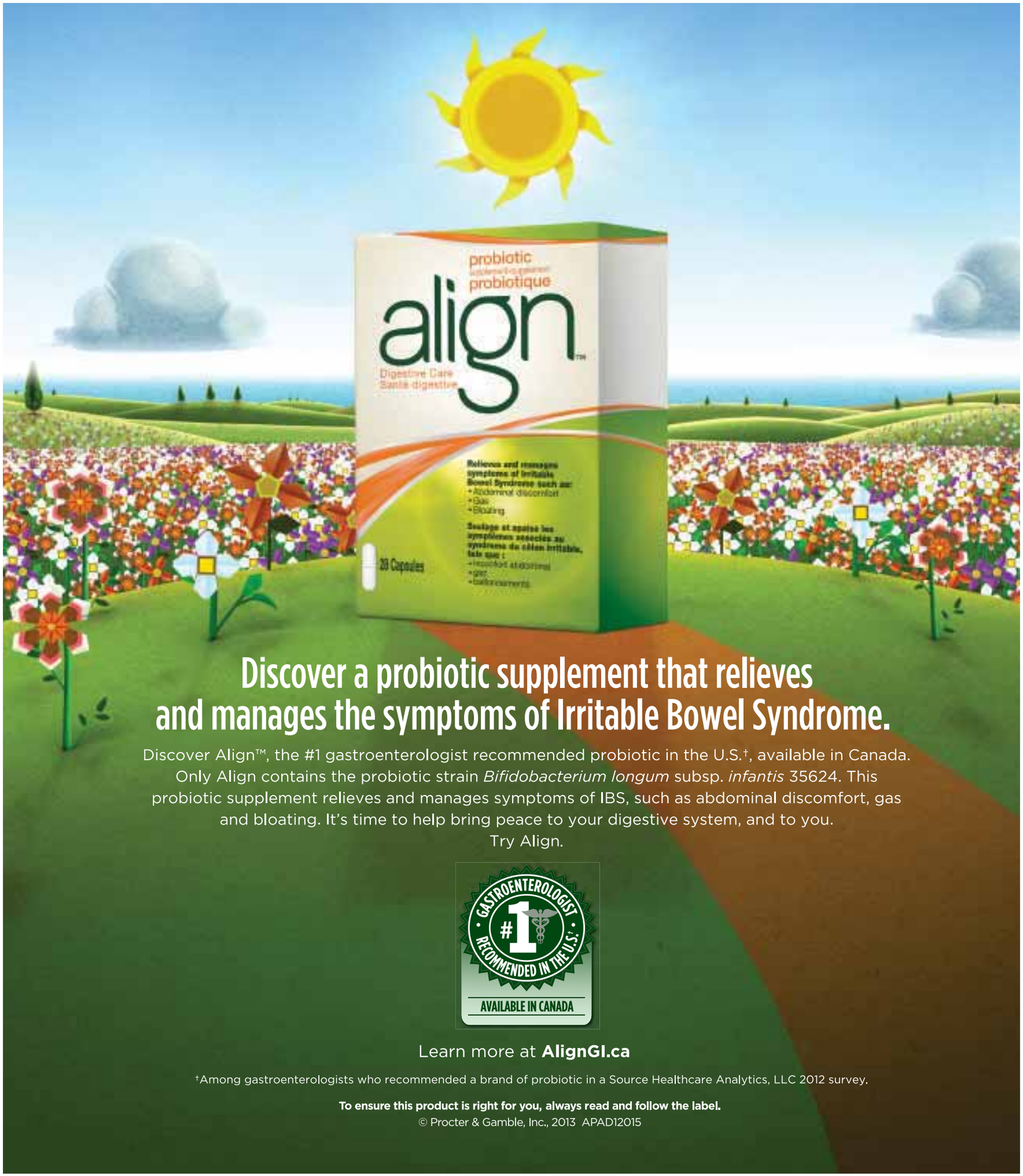
According to LiveStrong.com, when fibre is consumed, it moves through the body's digestive tract virtually intact. As a result, the fibre acts as a sort of "broom," helping to sweep wastes through the intestines for excretion. Although this would generally be considered beneficial, too much fiber might cause gastrointestinal distress, including excess gas, bloating and diarrhea.

KEEP INDIGESTION AT BAY

"It is important to have a healthy gut flora in the first place and taking probiotics can help," says Plant. "The healthier your gut, the less symptoms you will have. Taking a zinc supplement can also help keep your immune system and gut healthy."

When it comes to eating fruit, moderation is important. Spread your fibre consumption throughout the day to avoid digestive issues.

Keep your diet balanced. Make sure that you include proteins, grains, dairy products and healthy fats and oils as part of your daily diet.



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†Among gastroenterologists who recommended a brand of probiotic in a Source Healthcare Analytics, LLC 2012 survey.

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BREAKFAST WITH A FIBRE BOOST

It's a sure sign of spring when the first bunches of Canadian asparagus appear at the neighbourhood market.

Local produce is the freshest you can buy and is always a healthy, nutritious choice. Adding freshly picked, locally grown asparagus into your breakfast or brunch is a simple, unexpected way to energize your body with essential vitamins and minerals and start the day off right.

Fibre is also an essential nutrient and a vital part of healthy eating. Did you know that one slice of bread contains as much fibre as one cup of asparagus? Sufficient fibre helps you maintain a healthy weight as it keeps you feeling full longer without adding extra calories.

This eggs benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh, locally grown produce has everything you want to get you going in the morning.

NEWS CANADA

CENTURY GRAIN ASPARAGUS BENEDICT

Prep Time: 30 minutes

Total Time: 35 minutes

Serves: 6

INGREDIENTS

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 6 eggs
- 1 tbsp (15 mL) White vinegar
- 6 slices Dempster's WholeGrains 100 per cent Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- Salt and pepper

DIRECTIONS

Cook hollandaise sauce according to package directions. Keep warm.

Blanch asparagus in boiling water until tender crisp about, about 2-3 minutes. Set aside.

Bring a large pot of water to a boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added to the pot, cook until desired doneness, about 3-4 minutes for medium poached. Remove eggs from pot with a slotted spoon.

Place 2 slices of peameal bacon on each slice of toast, top with a slice of cheese, a layer of blanched asparagus, and a poached egg.

Drizzle with desired amount of hollandaise sauce and season with salt and pepper. Serve immediately.

- News Canada

MANAGING A SUMMER DIET

KEEP TRACK OF CALORIES AND ALCOHOL INTAKE

We wait so long for summer and its mild days and brilliant rays that it's no wonder we want to take advantage of every moment.

So we do — on vacation trips, at backyard barbecues, at pool parties, and on the outdoor patios that are synonymous with summer.

Yes, summer is the ultimate social season, which means it's also a time for eating and drinking more than we usually do. After all, who's going to turn down a tasty cold beverage on a sweltering summer day?

If you want to manage your caloric intake and take control over what you're eating, here are some tips that can help.

RESTAURANT EATING

When you go out for lunch or dinner, trade in fried finger foods, nachos and pizza, for healthier choices such salads, veggies and low-fat dip. Most restaurants now offer "healthy" low-fat, higher-fiber menu options. For a more substantial meal, consider adding a protein such as shrimp, chicken or beef to your salad.

IT HAS HOW MANY CALORIES?

- An average serving of white table wine can add up to about 121 calories.
- A bottle of regular beer contains about 148 calories (light beer is about 100 calories).
- The average pina colada has 644 calories.

BACKYARD BARBECUE

If you're hosting the party, make sure you serve some healthy dishes that include fresh fruit and vegetables. If you're on the guest side of things, offer to bring a dish or two — your hosts will be delighted and you'll be able control what you're eating. You can also control the amount of alcohol you consume by bringing your own beverage to the festivities.

YELENA KOVALENKO/VEER

ON THE ROAD

When you're enroute to your vacation destination, it's the easiest thing in the world to grab some fast-food, or stop at a diner. Not great for your waistline or your digestive system. Avoid the grease and the calories, by making your own snacks and lunches home and packing them in a cooler bag. Or, stop by a grocery store and pick up some convenient prepared foods.

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TIPS FOR A HAPPY, HEALTHY TUMMY

PROTECT YOURSELF DURING SUMMER'S FUN ACTIVITIES

Warmer days and nights make summer the perfect time for family barbecues, road trips, camping and many more enjoyable outdoor activities — most of which include food.

To keep your stomach happy and healthy during the summer months, consider following these tips:

• Always wash your hands with soap and warm water before and after you eat. It's amazing how many germs your hands can pick up during the day and you definitely want to prevent them transferring them to anything you ingest.
• Never "grab a bite" from an unfamiliar roadside stand. You have no way of knowing how fresh items (no best-before dates) are or even if they've been refrigerated properly. You're better off to prepare healthy meals at home, and store them in a tightly sealed cooler.
• Purify the water if you go camping. Unless campground officially tells you that that the water on the property is safe to drink, you use use one of three purification methods — a filter, chemical tablets, or boiling.

YURI ARCURS/VEER

• In summer, drink plenty of water during the day time. Increase your intake of certain fruits that contain high amount of water including mango, watermelon, and grapes.
• Add probiotics to your diet. Probiotics are healthy bacteria that help improve the digestion and absorption of the food. You can increase probiotics naturally through food such as yogurt or by taking manufactured probiotics (available at natural food stores).
• It almost goes without saying but remember to keep food refrigerated. Illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them.

When it comes to stomach health in the summer, the best rule of thumb is good old fashion common sense.

COMING CLEAN ON HAND WASHING

Only 50 per cent of consumers reported washing their hands for 20 seconds, before and after handling food. Clean hands and surfaces often to reduce the risk of foodborne illness. (Source: Canadian Partnership for Consumer Food Safety Education.)

RUNNING FOR THE BATHROOM?

EMBARRASSING AND INCONVENIENT, AVOID THE 'RUNS'

Summer is here — the ideal time for being outside and enjoying the sunshine.

It's also a season for switching up our diet with different foods and beverages, which can wreak havoc with our digestive systems, including causing occasional bouts of diarrhea.

Embarrassing, inconvenient and definitely something to be avoided, diarrhea or the "runs" can put a damper of summertime fun and make even the thought of a road trip excruciating.

Diarrhea, from the Greek word, "diarrhoia" meaning "a flowing through," occurs when something disrupts the routine in your digestive system.

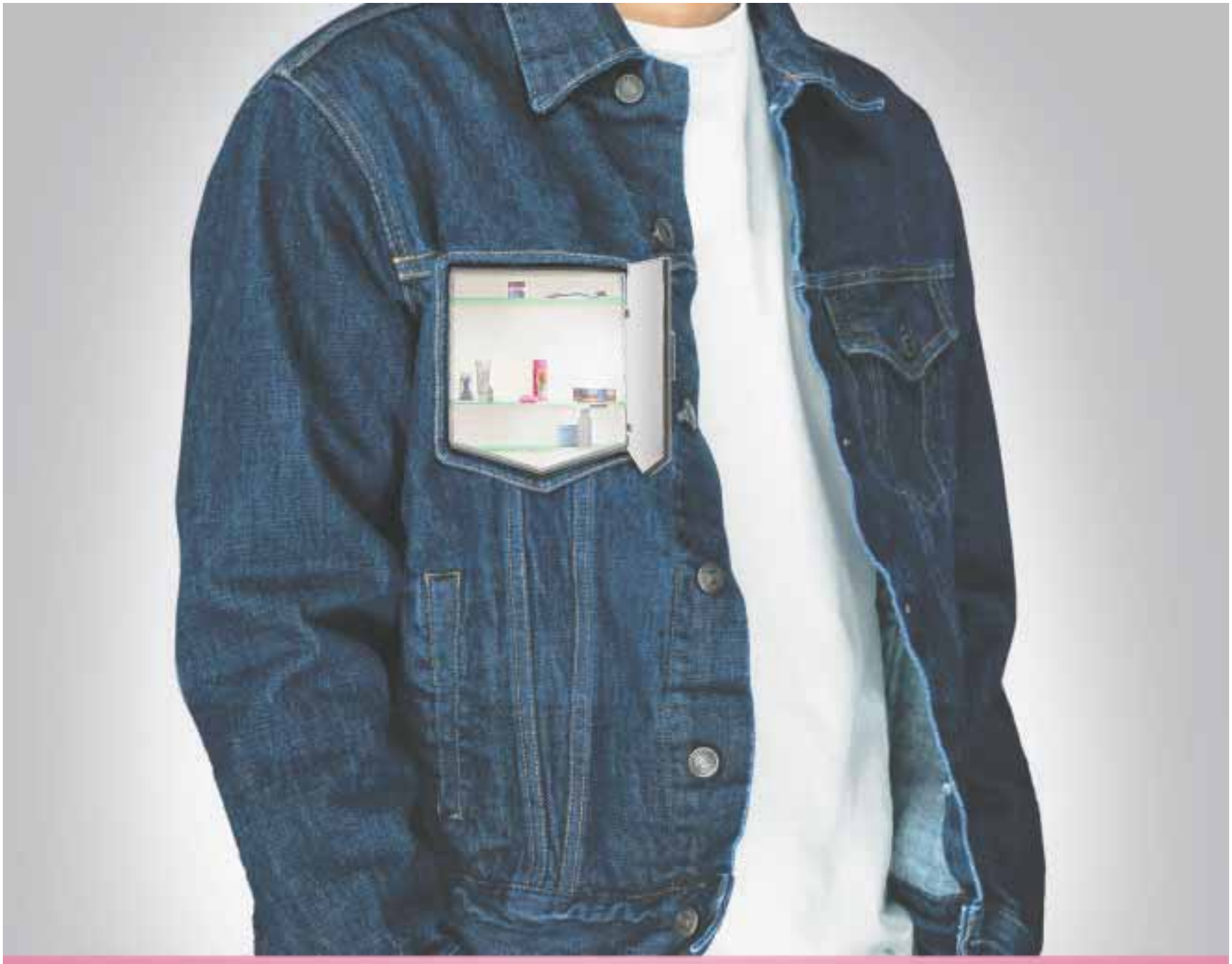
Loose bowel motions or diarrhea happens when semi-digested food is eliminated from the body too soon for nutrients to be absorbed. Sometimes referred to as intestinal flu, diarrhea is usually caused by a virus in the bowel and generally lasts two or three days.

According to dietary consultant Shirley Plant and author of the dietary guide and cookbook, Finally… Food I Can Eat, summertime is ripe for tummy troubles such as diarrhea.

"The healthier your gut, the fewer symptoms you'll have," says Plant, who offers up these tips for tummy troubles:
• Taking a zinc supplement can help keep your immune system and gut healthy.
• Increasing the amount of water you drink as well when consuming more fresh fruits and vegetables as it will help with digesting the extra fibre.
• For acute attacks of diarrhea, consuming a liquid diet of healthy beef or chicken broth, lemon juice in water with a little sea salt can help replace the electrolytes you've lost.
• If you need something to settle your stomach, try raw ginger tea — a soothing and a natural inflammatory. Simply steep a few pieces peeled raw ginger in boiling water in of for 10 minutes, then add a little lemon juice and honey for an extra bit of flavour.

NANKA (KUCHERENKO OLENA)/VEER

For more information on digestive disorders, a great resource is the Canadian Digestive Health Foundation website at cdhf.ca.



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PUT SUMMER SLEEPING ISSUES TO BED

Longer days, higher humidity and hot summer nights can sometimes disrupt our sleep and prevent us from getting those all-important zzzzz's we need to keep us energized.

And, repeated loss of sleep can affect all areas of your life, including your physical, mental, and emotional well-being.

If you are a summertime sleep sufferer, don't despair, there are things you can do to make sure that when the alarm sounds in the morning, you're ready to embrace the day.

BANISH THE HEAT AND HUMIDITY

To fight fitful bouts of sleep, consider buying low-noise bladeless fan or investing in a portable environmentally friendly air conditioner. Air conditioning units offer the dual benefits of cooling and dehumidifying at the same time.

STAY ON SCHEDULE

With more hours of daylight and warmer weather, your summertime activities might be causing you to have a crazy sleep schedule. While you want to get the most of summer, remember to keep your make sure you go to bed and wake up at the same time each day.

EXPLORE HERBAL REMEDIES

Visit your neighbourhood health food store for advice on herbal remedies or natural supplements such as melatonin, hops, magnesium and calcium.

And don't forget — when taken together, magnesium and calcium become even more effective; the magnesium cancels out any potential heart problems that might arise from taking calcium alone.

THE SPA TREATMENT

A warm bath one or two hours before you turn in may help you relax and feel drowsy. Add some aroma therapy oils such as chamomile, lavender or ylang-ylang to create an even more relaxing bath time. Listen to some soft music to reduce stress and calm your mind.

Some final words of advice for you — if peaceful slumber continues to elude you, it could be a symptom of a more serious medical condition that may require you to contact your doctor.

WAYS THAT SUMMER CAN ROB YOU OF REST

LIGHT, NOISE, HEAT CAN AFFECT SLEEP

If you're thinking of catching up on your beauty sleep this summer, you should be aware of some of the ways that the season could affect your slumber.

From rising temperatures and extended daylight to annoying pollen allergies, summer could have you rethinking your sleeping strategy.

MORE LIGHT

In the summer we like to make the most of the extra hours of daylight we have summertime. But the extended daylight can come at a cost. Since light naturally encourages your body to be wakeful, you might want to invest in some darker shades or drapes.

SUMMER ALLERGIES

Pollen is the biggest culprit of summer allergies, with grasses and weeds being particularly bad. Allergy symptoms affect sleep dramatically — and lack of sleep can actually make your allergies worse. If problems persist, ask your doctor to refer you to an allergist.

HIGHER TEMPERATURES

When the mercury soars, do you find yourself tossing and turning in bed? If you do, you're not alone. Heat often acts as a stimulant rather than a relaxant. To avoid sleeplessness brought on by heat, determine the night-time temperature that works for you and program the thermostat accordingly.

INCREASED NOISE

On nice summer nights we often want to keep our windows open and let in some nice fresh air. Unfortunately, along with the fresh air comes the noise. Outdoor parties that extend far into the night can keep you awake well into the wee hours. If noise is a problem, earplugs or a white noise machine might help.

QUICK COOL TIP

If nighttime heat is robbing you of sleep, run your wrists under a cold tap. Your wrists and the inside of your arms are areas where your blood stream flows closest to the surface of your body. Running them under cold water for a minute will cool your blood down, making your whole body cooler.

If you're interested in learning more about sleep, including sleep disorders and research, and also where to find sleep medicine clinics in Canada, visit the Canadian Sleep Society at canadiansleep-society.ca.

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VICKS®

Blackhawks captain Jonathan Toews celebrates with the Stanley Cup after Monday night's 3-2 win in Game 6 of the final against the Bruins at TD Garden in Boston. DAVE SANDFORD/THE ASSOCIATED PRESS

Core values could keep cups coming to Chicago

NHL. Majority of champion Blackhawks' stars are locked up for years to come

When Rocky Wirtz took over the Chicago Blackhawks six years ago, they were among the worst teams in the NHL.

Fast forward to Tuesday, when the owner mingled with fans and friends hours after the Blackhawks flew home with the Stanley Cup for the second time in four seasons.

It's been quite the turnaround, and the 60-year-old Wirtz thinks there is more to come.

"I think we're going to see a lot of good years ahead of us," he said.

It sure looks that way.

Unlike in 2010, when the title-winning team underwent changes because of salary-cap issues, the Blackhawks will be able to bring back many of their top players next season.

Forwards Jonathan Toews, Patrick Kane, Marian Hossa and Patrick Sharp, and defencemen Duncan Keith and Brent Seabrook are all under contract for at least two more seasons. Brandon Saad, one of the finalists for the Calder Trophy, is years away from free agency.

Free agents in Chicago

According to CapGeek.com, forwards Bryan Bickell, Michal Handzus, Viktor Stalberg and Jamal Mayers, defenceman Michal Rozsival and goalie Ray Emery are eligible for unrestricted free agency.

"I think there's something about our core," said Kane, who won the Conn Smythe Trophy as MVP of the playoffs. "Hopefully we can stay together a long time, because that's two cups in four years, and we seem to only be getting better and better as players as time goes on here."

The Blackhawks lost in the first round of the playoffs in each of the previous two seasons, but general manager Stan Bowman decided to stay the course and it paid off Monday night with another championship. THE ASSOCIATED PRESS

NHL

Canucks welcome Torts as new coach

The Vancouver Canucks found their replacement for Alain Vigneault on Tuesday, naming John Tortorella the 17th head coach in the NHL club's history.

Tortorella was let go by the New York Rangers a few weeks ago and Vigneault recently replaced him in the Big Apple. Tortorella, who has 24 years of coaching experience, won a Stanley Cup with the Tampa Bay Lightning in 2004.

The 55-year-old Boston native has reached the playoffs on eight occasions and won the Jack Adams Award as NHL coach of the year in 2004. Known for a fiery and often abrasive style, he was let go four days after the Rangers' season ended with a second-round loss to the Boston Bruins. THE CANADIAN PRESS

Soccer

Sinclair joins Walk of Fame

As soccer star Christine Sinclair was announced as an inductee to Canada's Walk of Fame on Tuesday, she marvelled that her gutsy performance at the 2012 London Olympics is still being talked about.

"For it to still be relevant is still shocking to me," she said.

Sinclair joins Terry Fox, actor Alan Thicke, and human-rights advocates Craig and Marc Kielburger, to name a few, as the latest honorees to join the Walk of Fame. THE CANADIAN PRESS

Raonic finds his footing on Wimbledon grass

Milos Raonic returns the ball to Carlos Berlocq during their first-round Wimbledon match on Tuesday. KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Milos Raonic capped an impressive start by Canadian players at Wimbledon with a straight-sets victory over Argentina's Carlos Berlocq on Tuesday at the All-England Club.

Raonic, the No. 17 seed from Thornhill, Ont., needed less than two hours to complete the 6-4, 6-3, 6-3 win to become the fourth Canadian to reach the second round at the Grand Slam event this week.

It has been 25 years since four Canadians won first-round singles matches at the same major. Sebastien Lareau, Daniel Nestor, Sonya Jeyaseelan and Jana Nejedly last accomplished the feat at the Australian Open in 1988.

Raonic, who has struggled of late to get his grass-court game in form, said he was happy with the way he played Tuesday.

"My game feels a lot better than last week," Raonic said. "We worked on a lot of things. Also, this is a grand slam and you bite down harder."

The 22-year-old had 19 aces and just 18 unforced errors in the match.

"I kept the pressure on (Berlocq) the whole time," Raonic said. "I'm feeling much more comfortable on grass. I've had moments in the past when I doubted myself, but I'm playing with more peace and confidence."

Raonic's next opponent will be Igor Sijsling of the Netherlands, who beat American Alex Kuznetsov 6-3, 6-4, 6-4.

Ottawa's Jesse Levine also won his opening match Tuesday, a day after Vancouver's Vasek Pospisil and Montreal's Eugenie Bouchard posted victories. THE CANADIAN PRESS

Exhibit A in hunt for real Canadian car

Autopilot. Museum in Ottawa aids patrons in their search for a 'Canadian' vehicle but finding a 'pure' one may prove an impossible task

AUTO PILOT
Mike Goetz
drive@metronews.ca

What makes a car Canadian?

A canoe on the roof? A personal oil change by Don Cherry? Seat upholstery trimmed in back bacon?

Thankfully the Science and Technology Museum in Ottawa addressed the question more seriously, and in actual sheet metal, by its fantastic exhibit, In Search of the Canadian Car.

It was the brainchild of Garth Wilson, a former curator at the museum. Unfortunately he passed away shortly after the exhibit was completed in 2010.

I only saw it for the first time last month. If you haven't been, you should go.

About 20 really cool "Canadian" vehicles are displayed in really cool displays under various headings, such as "Designed by Canadians" or "Made by Canadians" or "Marketed to Canadians" or "Chosen by Canadians."

The exhibit takes up the question of what is or what isn't a "Canadian" car, but doesn't answer it.

Wilson wanted visitors to make up their own minds, and contribute to the discussion.

Sharon Babaian, the current curator of the museum's land and marine transportation collection, says the exhibit is very popular with patrons, but then, car stuff has always been one of the museum's biggest attractions.

"Anytime we've taken the cars off the floor of the museum, we've heard about it," says Babaian.

All vehicles in the exhibit were sourced from the museum's permanent collection.

She adds that the exhibit won the very prestigious Dibner Award from the international museum and historical community in 2011, beating out a high-profile history-of-the-computer exhibit in California's Silicon Valley.

The voting committee noted how the Ottawa exhibit asked a significant question, and in a manner, "that interests, teaches and stimulates both the general public and historians."

Of course, it's only possible to have such a discussion because there really isn't a definitive Canadian car out there, in the way Ferrari says Italy, or Toyota says Japan, or Volvo says Sweden, or Jaguar says England, etc.

We have to consider cars that are connected to Canada in various way, be they fully or partially designed, engineered and built by Canadians, or be they Canadian-exclusive models with exclusive-to-Canada marketing … that kind of thing.

And we've been dealing with "that kind of thing" since day one. As Babaian astutely points out, "our economy and the auto industry is completely integrated with the U.S, and has been almost from the beginning."

She notes that even very early Canadian auto production at the turn of the last century utilized many parts and components from U.S. sources.

Old and the new side by side. BOTH PHOTOS MIKE GOETZ

An array of vehicles, new and old, were on show at the exhibit.

The Auto Pact (enacted in 1965) made the Canada-U.S industry even more integrated, and then the NAFTA agreement went on from there.

So the concept of a "pure" Canadian car never really happened, especially when you consider vehicles that sold enough to make them house hold names.

Join in the discussion at canadiancar.technomuses.ca, where you can even vote for the car you think is most Canadian.

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Horoscopes

♈ Aries
March 21 - April 20
There is nothing to fear but fear itself and if you keep that thought in mind for the rest of the week, you will do very well indeed. Once you get over your anxieties, try helping loved ones get over theirs.

♉ Taurus
April 21 - May 21
Support someone in their hour of need, even if it means you have to disrupt your schedule and fall behind in what you were doing. A friend in need is a blessing. Show how good your heart is.

♊ Gemini
May 22 - June 21
You may have serious things to do but you must still make the most of your leisure time. The planets warn you will regret it if you work too hard when you don't have to.

♋ Cancer
June 22 - July 23
The more others try to shout you down, the more you must raise your voice. You are entitled to hold a dissenting view, no matter how strange it may seem to traditional types.

♌ Leo
July 24 - Aug. 23
Someone you do not entirely trust will be friendly towards you today and no doubt you will at first be suspicious. It will soon be apparent though that they genuinely want to get along with you better.

♍ Virgo
Aug. 24 - Sept. 23
Try not to make decisions on emotion alone. You are at your best when using your head, so stay in control of your feelings and search for a rational solution to whatever happens.

♎ Libra
Sept. 24 - Oct. 23
You may want to cut corners and take risks but others are not so bold and you will find you have to leave people behind over the next 24 hours. It's not a case of "right" or "wrong", just "different".

♏ Scorpio
Oct. 24 - Nov. 22
What you hear today may not please you but at least you are no longer in the dark. Rivals and enemies can be dealt with once you know who they are. Try not to be too harsh!

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, moves into the wealth area of your chart today, so your money situation should start to improve over the next few weeks. It will improve faster if you make things happen.

♑ Capricorn
Dec. 22 - Jan. 20
Focus on personal relationships today, even if by doing so you have to neglect other areas such as work and social. One-to-one contacts are under excellent stars, so reach out to someone with love.

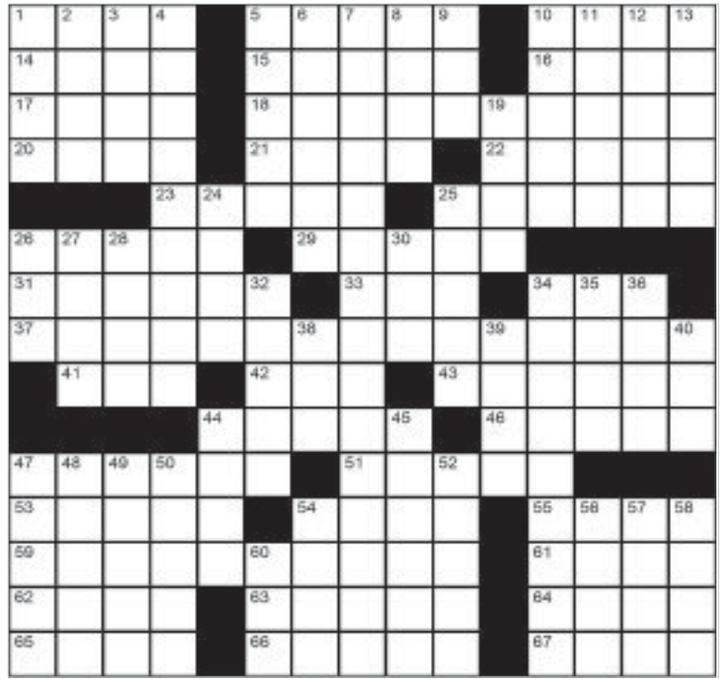
♒ Aquarius
Jan. 21 - Feb. 19
Don't waste time moaning that some things have not gone right for you, just pick yourself up, dust yourself off and get on with it. You have what it takes to turn minor setbacks into major triumphs.

♓ Pisces
Feb. 20 - March 20
You don't have to do it all on your own. Your life is full of loved ones who will happily help you out in any way they can. If you need assistance today just ask. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

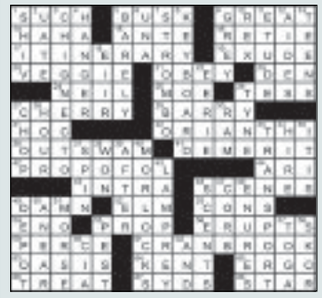
BY KELLY ANN BUCHANAN



Across
1. Underground shopping network in Toronto
5. Chump
10. Thailand, once
14. Fertilizer component
15. "It's been _ __ pleasure..."
16. Seasoned stew, __ podrida
17. Mr. Penn
18. "Canadian Idol" judge: 2 wds.
20. Challenging
21. Give off
22. Tidal bore
23. Worth
25. Futuristic cards
26. Nile River dam
29. Low point
31. Rigid, as per discipline
33. Incurred
34. Look
37. 1972 to 1983: News-themed Canadian game show: 2 wds.
41. Quick rotation meas.
42. Cap
43. Character on HBO's "True Blood", __ Stackhouse
44. Tartan
46. Pass, as law
47. Tie-dye wearer
51. Portia's "Ally McBeal" character
53. Arctic boat
54. Vehicle variety
55. Surfer's need
59. Kim Mitchell's pre-solo-career band: 2 wds.
61. Really inspired
62. Opposin'
63. Ms. Witherspoon
64. Not early
65. Social pages words
66. Brewery kilns
67. Prime Minister William __ Mackenzie King (b.1874 - d.1950)

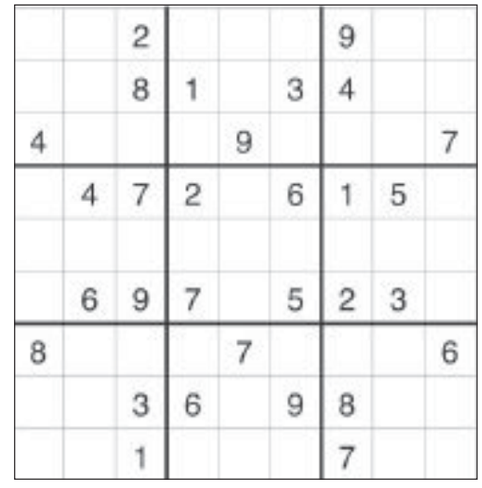
Down
1. 1994 Moist song
2. Domain
3. Rupture
4. Margaret Atwood novel, The __ Tale
5. Less dangerous
6. Fit snugly: 2 wds.
7. 60-second TV spot featuring Canadian history: 2 wds.
8. Retro milkshake
9. Vaudeville star Mr. Olsen (b.1892 - d.1963)
10. Up to now: 2 wds.
11. Volunteer's you-movie, "__ Wednesday" (1973)
27. 'Trick' suffix
28. Shawl, for one
30. Play-__
32. Novel's name
34. Manitoba town founded in 1878
35. "__! _ mouse!"
36. Mr. Burdon of The Animals
38. 1969: First man on the Moon ...his monogram
39. Brit rocker Mr. Gallagher
40. Arrange
44. Medieval weapon
45. Hate
47. '80s band, The __ League
48. Reflection
49. Woman's short hairstyle, __ cut
50. Chess pieces
52. Knowledgeable traditions
54. Between ports
56. Travelling
57. Refuse to permit
58. A famous Barbara
60. Jake to Maggie, for short
11. Volunteer's you-stay-behind words
12. Watchful
13. Puts a charge card to full use, __ out
19. Orbital period
24. Envelope insertion [abbr.]
25. Shakespearean tragedy, __ Andronicus
26. Elizabeth Taylor

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

5	3	9	1	4	7	8	6	2
1	7	2	6	8	3	4	9	5
4	8	6	5	9	2	7	3	1
9	2	5	7	6	4	1	8	3
3	4	7	2	1	8	9	5	6
8	6	1	3	5	9	2	4	7
6	1	4	9	7	5	3	2	8
2	5	8	4	3	1	6	7	9
7	9	3	8	2	6	5	1	4

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